

Mountaineer

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Jan. 23, 2004

Preston takes job as top enlisted Soldier



Preston

by Joe Burlas
Army News Service
WASHINGTON

Introduced by Army Chief of Staff Gen. Peter Schoomaker as the right man for the job, Sgt. Maj. Kenneth Preston was sworn in as the 13th sergeant major of the Army during a Pentagon ceremony Jan. 15.

Preston replaces Sgt. Maj. of the Army Jack Tilley who was recognized for his 35 years of service during a retirement ceremony earlier in the day.

As sergeant major of the Army, Preston will act as the Army chief of staff's personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality of life. That job entails extensive travel throughout the Army to observe training and talk with Soldiers and their families. He will also sit on a variety of councils and boards that make decisions impacting

See Top Soldier, Page 7



Courtesy photo

Crowd control ...

Soldiers of the 2nd Brigade, 91st Division practice crowd control during training for their upcoming deployment. For more on the 2nd Bde., 91st Div., turn to page 5.

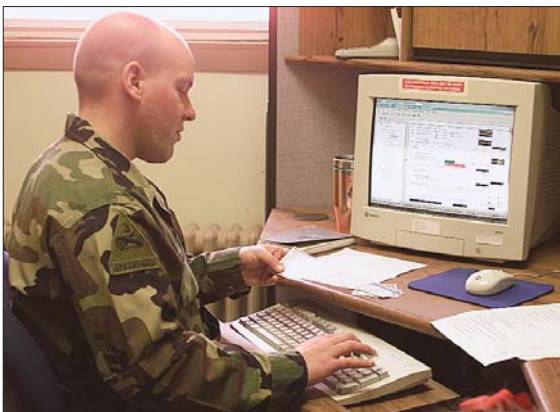


Photo by Pfc. Aimee J. Felix

Sgt. James Nicholas Farrand, tax assistance noncommissioned officer was one of the Soldiers chosen from around post to work in the tax center. The center officially opened Tuesday after a ribbon-cutting ceremony and immediately was a "full house." Fort Carson's tax center offers free tax filing to servicemembers and their spouses and is free of charge.

Fast and free ...

Carson tax center opens for business

by Pfc. Aimee J. Felix
Mountaineer staff

A ribbon-cutting ceremony marked the official opening of the Fort Carson tax center Tuesday.

Immediately after the ceremony, the center opened its doors to a line of servicemembers and spouses waiting outside.

"It's quick, painless and free," said Capt. Robert Guillen, the officer in charge of the Fort Carson tax center.

Staffed with one to two Soldiers from every unit on post, working as tax assistants, the tax center guarantees thorough and efficient tax services, said Guillen. "Our priority is customer service."

These tax services are available to all servicemembers including those receiving retirement or disability pay and family members or surviving family members of those mentioned above. Guillen strongly advises those who can benefit from this service to do so. "Don't waste time or money on outside costly tax services."

Regardless of how busy it may get, the tax assistants accomplish their mission. Last year the tax center processed more than 6,000 returns and which totaled about \$7 million in tax refunds to Soldiers.

This year, because of the high number of deployments,

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INSIDE THE MOUNTAINEER

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Feature



Salt Lake City Reservists donate their time to restoring the Penrose House.

See Pages 16 and 17

Happenings



A mariachi band entertains diners at the Casa Bonita theme restaurant in the Denver area.

See Page 25.

What's new

The Tax Center is open to Soldiers, retirees and their family members, as well as surviving family members. The hours are Monday through Thursday from 8 a.m. to 6 p.m., Friday from 8 a.m. to 5 p.m. and some Saturdays. Call the tax center at 524-1012 or 524-1013 for more information.

Post Weather hotline:
526-0096

Tilley: 'I will always be with you'

Commentary by former Sgt. Maj. of the Army Jack Tilley

Jan. 15 —Thirty-five years sounds so long, and yet it was so short. It's always hard to say goodbye, but I was reminded the other day that everyone must go.

I was at the gym here working out, and this Soldier walked by me and gave me a funny look. He walked by again and did the same thing. I figured he knew who I was but was a little shy. Finally, he came up to me and said "You're Sergeant Major of the Army Tilley, aren't you?" I said yes, feeling pretty good. He deflated my ego when he said, "You look a whole lot younger in your picture."

The Army has been my family for nearly four decades; so hanging up the uniform while we are at war is not easy, especially when I have been so lucky to represent America's best. They are wearing Army greens, woodland battle dress uniforms and dusty brown desert fatigues. They truly are this century's first generation of heroes. They fight hard and bleed red, white and blue. They are our country's greatest resource, and we must preserve it and cherish it and never take it for granted.

From base pay and increases in housing allowances to improving our living conditions and health care, we cannot ride on the backs of Soldiers and their families like we had for so many years. We have made tremendous strides the past few years, and we can-

not let up now. The fight for our Soldiers' welfare is never ending. You cannot put a price tag on the cost of their sacrifices.

Our Soldiers have simple requests. They don't expect to get rich soldiering. They only ask that their leaders train them hard, are honest and fair and truly care for their welfare. You can't fake those things. Soldiers learn very quickly if you have their best interests at heart. Because what we do starts in your heart, you have to believe in the ideals our country stands for.

That's why the 13th Sergeant Major of the Army will be so successful. Sergeant Major of the Army Preston and his wife Karen will make an incredible team. I wish them all the best. I know they will take our non-commissioned officer corps and our Army to even higher levels.

We always say the NCO corps is the backbone of our Army, and our Army is just that for our nation during these trying times. Every day our Soldiers wake up in places far from home with one mission in mind — protect and defend the constitution. Those aren't hollow words. We all understand that. The constitution is more than a piece of paper to a Soldier. It is what we stand for, and we pledge our lives to ensure its existence.

In the past three and a half years more than a half million young men and women have laid their lives on the line to liberate 46 million people in two

nations. They have given hope and freedom to people who will never know their names. We have lost more than 500 Soldiers in this global war on terrorism and see thousands more injured in the pursuit of this victory.

I have been blessed to serve every day with these heroes. I have laughed with you; I have cried with you; I have buried friends. Thanks to you I have survived the streets of Saigon and stood with you 35 years later in downtown Baghdad. You have given me a lifetime of memories, knocking out one-arm pushups in all four corners of the world, playing cards at tiny base camps in Afghanistan, shooting tank gunnery in Germany and running hills in Korea.

Our world has changed so much since General Shinseki selected me to be your 12th sergeant major of the Army. Our way of life has been threatened. Sadly, we bid farewell to the 75 members of our Army family who were killed so violently on the morning of Sept. 11; however, this did not deter us. Our nation's enemies have strengthened our resolve and given us a clear mission. Make no mistake — we will fulfill our contract with the American people. We know the cost. We understand the risk. We are prepared to pay the price. We are ready for an enemy that has greatly underestimated our resolve to deal with them. It is very simple; the enemy will either surrender or die.



Tilley

This war is about our future. It's about the freedom our forefathers earned by defeating an overwhelming opponent more than two centuries ago. It's about preserving those same liberties for our children and grandchildren, like my grandbabies Destiny and Jordan.

We are at war. It's not a war we asked for, or sought out but one we will win. Why am I so confident? Because I have seen you — the American Soldier — in action, and I have never been prouder to wear this uniform. Although I am taking off my boots for the last time this morning, I will always be with you. I am a Soldier, and that will never change, no matter what uniform I wear. I am a Soldier, and I am proud.

God bless our great Army and God bless America. Hooah!

Sound Off!

What changes should the new sergeant major of the Army recommend?



"Increase the BAH for this area."

Sgt. James Bush
10th Combat Support
Hospital



"Shorten tours of duty for deployed Soldiers."

Pvt. Carey Cheek
64th Forward Support
Battalion



"We need more living space in the barracks."

Sgt. Ramone Selvra
3rd Armored Cavalry
Regiment



"Get rid of the black beret."

Spc. James Smith
639th Quartermaster
Battalion

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain West Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-11, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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News

Soldiers: No banned items on airplanes

Army News Service

WASHINGTON — A junior Soldier was stopped from boarding a commercial airliner after an inert landmine was found in his checked baggage this month.

Increasingly, Soldiers are attempting to carry prohibited items on commercial airliners, either going to or returning from an overseas assignments, officials said. This act could be a career ender for Soldiers under the Uniform Code of Military Justice, said Chet Spangler, Air Traffic Control staff specialist, Headquarters, U.S. Army Aeronautical Services Agency.

"Recently, the Transportation Security Administration confiscated various items to include five pounds of fireworks, brass knuckles with a four-inch knife blade, a loaded BB pistol and a 9 mm pistol during airport security checks," Spangler said. According to the U.S. Code of Federal Regulations, a person who attempts to carry prohibited

items on an airplane is subject to a \$10,000 civil penalty.

Violations committed by military servicemembers in the performance of official duties requires the TSA to refer such cases to the appropriate military authority for disciplinary action appropriate under the UCMJ, Spangler said.

Commanders are strongly encouraged to thoroughly brief Soldiers on which items are prohibited when traveling on civilian air carrier to prevent future violations, officials said.

Spangler said that for Soldiers who are caught with prohibited items in their carry-on baggage, the TSA will send a case file to the appropriate authorities.

The major command will be required to determine if the Soldier was within his rights to carry the item because he was performing official duties. In the event the MACOM determines that the violation was not in performance of official duties, the TSA would take enforcement action.

Warrior ethos not just for combat Soldiers

by Joe Burlas

Army News Service

WASHINGTON — While the warrior ethos may be central to the new Soldier's Creed, it is not new to the Army.

Field Manual 22-100, Army Leadership, published in August 1999, defines the warrior ethos as the desire to accomplish the mission despite all adversity.

The manual also states, "The warrior ethos applies to all Soldiers and (Department of the Army) civilians, not just with those who close with and destroy the enemy."

The warrior ethos is also discussed in FM 7-0, Training the Force, published in Oct. 2002: "Warrior ethos compels Soldiers to fight through all conditions to victory no matter how much effort is required. It is the Soldier's self-less commitment to the

nation, mission, unit and fellow Soldiers. Warrior ethos is grounded in refusal to accept failure."

And according to Brig. Gen. Benjamin C. Freakley, chief of Infantry and Fort Benning commanding general, the warrior ethos is about manning the force with adaptive Soldiers who do not rely on a single set of job skills to get the job done.

"What we are talking about is adaptive Soldiers who are situationally aware of what is going on around them and have a mindset that is ready to quickly adapt to changing situations

and environments to accomplish the mission," Freakley said. "It is like a football team where the quarterback reads the defense on the line after the huddle and doesn't like what he sees. With a good team, the quarterback can call an audible for a different play at the last minute based upon the defensive situation."

Warrior ethos from the Soldier's Creed:

I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.

Deployment extension

1,600 Soldiers to stay in theater

Army News Service

WASHINGTON, D.C. – The Department of Defense has approved the extension of selected Army units past their 12-month “boots on the ground” time in the U.S. Central Command area of responsibility.

The extensions are for 12 units, affecting about 1,600 Soldiers of about 130,000 currently deployed. The time extended will vary by unit, between five and 60 days.

The Department of Defense is committed to supporting the combatant commander and his mission while balancing the need to take care of Soldiers, their families and communities.

“We are entering the most challenging period for our Army since World War II,” said Gen. Peter J. Schoomaker, Army chief of staff, in a message to the extended Soldiers.

“As we deploy and redeploy nearly one quarter of a million Soldiers over the next four months, we

all will be required to make sacrifices to ensure that we safely and successfully accomplish the mission.

“Soldiers contributions to Operations Enduring Freedom, Iraqi Freedom, and other expeditionary operations have been critical to our nation successes and to keeping the American people safe.

“We are Warriors, and that entails a special ethos: I will always place the mission first, I will never accept defeat, I will never quit, and I will never leave a fallen comrade.

“When our nation calls upon us we have to be motivated by things that come from deep in our souls. It is called service for a reason. It is about giving more than you get. It is about duty. It is about sacrificing for the good of the whole.

“We are committed to not having you stay in country one day longer than necessary. Our Army has worked hard to reduce the number of units and Soldiers required to make this sacrifice. What you

are doing is critical to mission success and we are grateful for your continued commitment to our nation’s security and remain dedicated to each and every Soldier.

“You and your families need to know that we have done everything possible in order not to extend you. For the few units being extended, there are no other alternatives.

“Thank you for all that you have done and continue to do for our great nation and may God bless you, your families, the Army and the United States.”

Extensions will be handled on a case-by-case basis, so no effective dates have been announced. Officials also are not publicly identifying units likely to be extended, but said they have unique skills and provide important capabilities to the combatant commander. They stressed that every effort will be made to keep extensions as short as possible.

Military

Watch for deployment training for Soldiers

by Capt. Pat Gaydon

2nd Brigade, 91st Division

From Feb. 6 to 13, the Fort Carson cantonment area may look and sound a little different as some units bound for Iraq convert their barracks into base camps.

Don't be too surprised if you are driving down Magrath Avenue, and see Soldiers laying concertina wire and stacking sandbags to build fighting positions. Don't be astonished if you are driving along O'Connell Boulevard and see a demonstration at the entry control point in front of building 1042. And, don't be shocked if you see Soldiers engaged in a "firefight" with other Soldiers dressed in Arab garb. What you are seeing is realistic training that is preparing the next wave of Soldiers for duty in Iraq.

The 1040-block of Fort Carson will be transformed into the 153rd Engineer Battalion and 141st Engineer Battalion training area. The unit will encircle the buildings with concertina wire, build fighting positions with sandbags, construct watchtowers and man entry control points. An opposing force that replicates both enemy combatants and civilians on the battlefield will continually stress the deploying Soldiers with situations that they may face for real in less than a month.

The 2nd Brigade, 91st Division (Training



Courtesy photo

A Soldier with the 2nd Brigade, 91st Division (Training Support) takes part in training to prepare the unit for deployment. The unit planned the exercises as capstone training events that are the final step to validate the battalion's readiness to deploy.

Support) planned these Mission Readiness Exercises as capstone training events that are the final step to validate that these battalions are ready for deployment. When looking for the ideal

location to replicate the current operating environment in Iraq, 2nd Brigade, 91st Division found

See Training, Page 6

Military Briefs

Misc.

West Point — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs. Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point. For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Go Warrant Officer — The Army is looking for highly motivated Soldiers to fill its warrant officer positions are open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours
Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to noon

and 12:30 to 4 p.m. and Thursdays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Tuesdays, Wednesdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Fridays. Call 524-2006 or 526-2729.

Effective immediately:

Replacement will be scheduled Mondays, Thursdays and Friday mornings.

Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing.

Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with supply sergeant versus having bunc or two items.

Active-duty units — Permanent Change of Station/End of Time and Service/chapters/retirees will make an initial out processing appointment (Mondays, Tuesdays, Wednesdays and Fridays) for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Connie Thompson at 526-4057 or 524-2006. POC for this information is Mark A. Rudd Sr., CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turn around for the service is 72 hours. No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

Are you ETSing? If you're with-

in 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

The Mountain Post Training and Education Center's hours for certain programs and services will change Monday.

Hours are:

eArmyU Testing center, Monday through Thursday, 7 a.m. to 4:30 p.m.

Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

Claims Division hours — The Claims Division office hours are now Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing: Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Training

From Page 5

that Fort Carson's garrison area best resembles the urban areas Soldiers are facing in Iraq. The multi-story buildings, road network and daily activity on Fort Carson will test leaders to determine how best to protect their Soldiers in that environment. Trainers will challenge these Soldiers with the same battlefield effects that Soldiers currently see in Iraq: insurgents, civilians, government officials,

local police, non-government officials and improvised explosive devices.

Soldiers participating in these exercises will wear a Multiple Integrated Laser Engagement System, a laser system that adds to the realism of the training. Soldiers mount laser transmitters on their weapons that emit an eye-safe laser whenever a blank round is fired. Also, Soldiers wear harnesses and halos that beep to indicate when they have been hit. All players in the exercise, to include civilians on the battlefield and the oppos-

ing force, will wear the MILES harnesses and halos.

This training is designed to give our Army's next rotation to Iraq the best preparation possible. The more practice these Soldiers get here at Fort Carson, the more prepared they will be when they arrive in Iraq. So, when you are driving down Berkeley Avenue, don't be surprised when you hear the sound of gunfire coming from building 1047 — it's just the sound of tough, realistic training preparing our Soldiers for combat.

Dining Schedule

Jan. 23 to 30

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast 6 to 9 a.m. (All facilities)
6:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Patton House is closed until further notice.
- Striker's and 43rd ASG are closed Saturday and Sunday.



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House, (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

Top Soldier

From Page 1

enlisted Soldiers and their families and testify before Congress on Soldier issues.

“(Preston) is the finest noncommissioned officer in the (NCO) Corps,” Schoomaker said. “We have a real Soldier here. I am confident he will serve our Soldiers well as we transform and reorganize our Army.”

One of the Soldiers Preston will serve is his own son, Spc. Michael Preston. Michael is a member of the 327th Military Police Company, an Army Reserve unit based in Maryland and currently deployed in Iraq. Michael was able to attend the swearing-in ceremony as he was home on leave under the Central Command Rest and Recuperation Program.

Because his son is a reservist, Preston said he believes that he will be able to better serve the Army Reserve and National Guard as Michael has no problem discussing reserve-component issues — “the good and the bad” — with his dad.

“With 20 to 25 percent of our forces currently in Iraq being Guard or Reserve, their issues are important,” Preston said.

Serving the nation in the military is a family tradition, Preston said. His mother served in the Air Force and his father in the Army during the 1950s. Both attended

the swearing-in ceremony. All of his uncles served in the military, during World War II or the Korean War. Four of those uncles were also present for the ceremony.

Among Preston’s stated priorities in his new job are: ensuring Soldiers are properly trained and equipped to win against the nation’s enemies; instilling the warrior ethos in all Soldiers as “every Soldier is a rifleman first;” facilitating change as the Army embraces new formations, technologies and tactics; and caring for Army families.

Change has been and will continue to be the norm for the Army, Preston said.

“Our enemy on freedom’s frontier is adapting to our tactics everyday and so must we adapt and change out tactics to defeat this threat,” Preston said. “Change and evolution are not new to us. Our veterans here today have seen many improvements and changes in our structure and tactics over their service.

“With the foundation of basic Soldier skills to build upon, we will continue to chart an azimuth to adapt to this ever-changing battlefield.”

Preston has served in the Army for 28 years, mostly in armor units throughout his career. Prior to his selection as sergeant major of the Army, he was the command sergeant major for Combined Joint Task Force 7 in Baghdad, Iraq.



Photo by Spc. Jon Wiley

Exceptional valor . . .

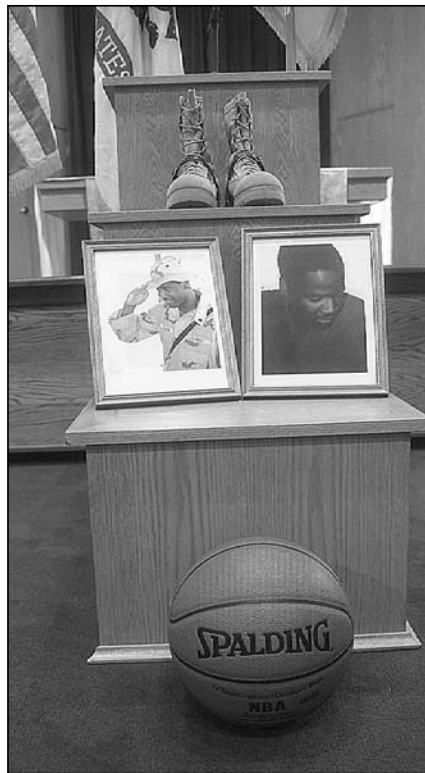
The Fort Carson community remembered Capt. Eric Paliwoda at a ceremony at Soldier’s Memorial Chapel Jan. 15. Paliwoda died Jan. 2 while leading B Company, 4th Engineer Battalion, in a firefight in Iraq. He was the company’s commander.



Photo by Pfc. Stephen Kretsinger

In memory ...

Soldiers from the 3rd Armored Cavalry Regiment and 3rd Brigade Combat Team fire a volley at a memorial service for Spc. Rian Ferguson, a wheeled vehicle operator, Supply and Transportation Troop, Support Squadron, 3rd ACR, Jan. 14 at Soldiers' Memorial Chapel. Ferguson was affectionately known as "Ferg," a nickname he wore more like a royal title than a name.



Greenback

Tax extensions for deployed Soldiers

by 1st Lt. Theodore Stutz
4th Finance Battalion

The Internal Revenue Service automatically extends the deadline for filing tax returns, paying taxes, filing claims for refunds and taking other actions related to federal income tax for U.S. Armed Forces personnel serving in a combat zone. The IRS also extends the deadline for those deployed overseas away from their permanent duty station, in support of operations in a qualified hazardous duty area, but who are outside that area.

The deadline for filing returns, making payments or taking any other action with the IRS is extended for at least 180 days after:

- The last day of qualifying combat zone service, or
- The last day of any continuous qualified hospitalization for injury from the combat zone.

What you need to do

Taxpayers qualifying for such combat zone relief should notify the IRS directly of their status through a special e-mail address: combatzone@irs.gov. Calls can also be made to the main IRS help line at (800) 829-1040. They should provide name, stateside address, date of birth and date of deployment to the combat zone. They should not include any Social Security numbers if using e-mail. This notification may be made by the taxpayer, spouse or authorized agent or

representative. Qualified personnel should also mark "combat zone" at the top of the form along with the date of deployment when filing returns.

If a notice from the IRS inadvertently goes to an individual serving in a combat zone or his or her spouse, the notice can be deferred by following the e-mail steps or by sending the notice back to the IRS marked with the words "combat zone" and the date of deployment. The IRS plans to take additional steps and provide additional guidance on issues involving military personnel and combat zones. This new information will also be posted to the Armed Forces page of www.irs.gov.

Answers to Deployment Related Tax Questions on IRS Web site

The Internal Revenue Service has provided a new section on its Web site containing important information to help service members and family members of the U.S. Armed Forces receive all of the tax benefits available to them. The new information is available by clicking on the "Armed Forces Tax Benefits" link on the bottom right side of the front page of www.irs.gov.

The new section highlights several special tax provisions that apply to Soldiers who have or are currently serving in combat zones. The provisions include extensions for filing tax returns and paying taxes and tax exclusion of some military pay.

IRS Web site Highlights

- Questions and answers about exclusions, extensions and other tax benefits available to members of the Armed Forces serving in a combat zone.
- IRS Publication 3, Armed Forces' Tax Guide, which covers the special tax situations of active members of the U.S. Armed Forces.
- Several recent news releases and notices, including Tax Tip 2003-41 - For Reservists, New Enlistees May Get Deferral for Back Taxes; News Release IR-2002-18 - Tax Relief for Troops in Afghanistan Combat Zone; Notice 2002-17 - Tax Relief for those Involved in Operation Enduring Freedom.
- A special e-mail address for members of the U.S. Armed Forces, their spouses, authorized agents or representatives, which can be used to notify the IRS about someone serving in a combat zone.

Tax free Combat Zone Pay

Generally, grades E-1 through most of the warrant officer ranks receive all of their base pay received in a combat zone tax free. All Basic Allowance for Housing is always tax free. For commissioned officers, the monthly base pay that is tax exempt is capped at the highest enlisted member's monthly base pay (Sergeant Major of the Army), plus hostile fire/imminent danger pay. For 2004, the monthly limit that is not subject to federal income tax is \$6,315.90.

Carson MPs receive awards for valor

by 1st Lt. Robert R. Rodock
3rd Platoon Leader, 4th Military
Police Company
Logistical Support Area
Anaconda, Balad, Iraq —

Soldiers from the 3rd Platoon, 4th Military Police Company, have been awarded commendations for their exhibition of valor while under direct enemy fire.

The Soldiers served in the extremely volatile area that houses the ousted Baath Party leadership of Saddam Hussein's former regime and was previously known as the "Sunni Triangle."

The following soldiers were awarded the Army Commendation Medal with "V" Device for their outstanding leadership and courage under fire during five separate engagements with the enemy while performing their duties as team leaders in support of Operation Iraqi Freedom: Sgts. Wayne Loeser, Andrew Fuller, Jason Hole, Michael Wallace, Patrick Jackson and Cpl. Marcus Dampier.

"You don't know you're making history until after the fact; at the time you're just doing your job ... military police are under appreciated; they do their job and they do it extremely well," said Col. Frederick S. Rudesheim, commander, 3rd Brigade Combat Team, during the awards ceremony.

The role of military police is oftentimes not clearly defined in armed conflict with the enemy. More often than not, the image of a military police soldier brings to mind the soldier whose armband bears a big "MP" on it as he or she stands outside the officers' club at closing time. 3rd Platoon, whose home is Fort Carson, is attached to 3rd Brigade Combat Team of the 4th Infantry Division. It has been serving in various locations in Iraq since April

2003. The platoon's missions invariably have been escorting and providing security for the various elements that allow 3rd Brigade Combat Team to complete its mission to secure its area of responsibility and transfer authority to the newly sovereign Iraq. The soldiers of 3rd Platoon have been extremely busy completing more than 500 combat missions to date. Despite the extreme number of missions and the tendency to fall into a routine, 3rd Platoon faces every day with the motivation and dedication to duty that it held as it secured the first elements of the 4th Infantry Division as they crossed the Kuwaiti border and entered Iraq. Each day the soldiers of 3rd Platoon leave the relatively "safe" environs of its home camp in order to provide mobile security in a land marked by improvised explosive devices, rocket propelled grenades and masked terrorist gunmen. The Soldiers of 3rd Platoon have experienced first-hand combat, as it has not been seen since the years of the United States' conflict in Vietnam.

3rd Platoon has experienced the "fog of war" on five separate instances while performing its seemingly routine missions. Despite the confusion and uncertainty that follows when an unseen and hidden enemy attempts to take your life, the junior leaders of 3rd Platoon have demonstrated the courage, confidence and competence that defines the professional Soldier. They have experienced the suddenness of a deadly explosion that follows the detonation of an improvised explosive device, the firing of a rocket-propelled grenade and the intense anger birthed from facing a faceless enemy. 3rd Platoon has been attacked on the open road as well as in the heart of a city, its Soldiers have fought during the day and night and have faced

ambushes as well as sustained attacks lasting as long as 45 minutes, yet the junior leaders have maintained the composure and professionalism to complete the mission and more importantly, bring all of their soldiers home.



Courtesy photo

Col. Frederick Rudesheim pins the Army Commendation Medal with "V" device on Sgt. Wayne Loeser.

The actions of 3rd Platoon's team leaders define both valor and heroism. For instance, during a recent attack in which a convoy that 2nd Squad was securing was attacked with an improvised explosive device followed by an ambush of rocket-propelled grenades and machine gun fire, the leadership of 2nd Squad was able to secure and evacuate casualties while under direct enemy fire for nearly 20 minutes with the enemy not more than 50 yards away. The poise and purpose of the leaders saved the life of the most seriously injured. Furthermore, during a mission to secure a convoy into the unstable city of Samarra, Iraq, 1st Squad was confronted with the decision of securing a bank during the exchange of old Iraqi Dinar for the new "Saddam-free" money. 1st Squad was attacked from all sides and from the rooftops of adjacent buildings with rocket-propelled grenades and machine-gun fire for more than 45

minutes while in the city, yet the courage and competence of the leaders ensured that the squad completed the mission without injuries.

The junior leaders of 3rd Platoon, 4th Military Police Company, have defined valor and heroism while facing an undefined enemy. Yet, as with all leaders, their success is defined by the actions and professionalism of those that they lead.

The soldiers of 3rd Platoon are the true cornerstones of the success of the platoon. The following soldiers have also been decorated for their actions while serving in support of Operation Iraqi Freedom with Army Commendation Medals: Pfc. Michael Anderegg, Zachary Bodle, Miguel Cardona, Jon Monahan, Thomas Neaverth, James Rachel, Spcs. Joshua Goldesberry, Joshua Nigro, Darrell Jones and Matthew Sommerfeld.

Finally, and most importantly, the Soldiers of 3rd Platoon live by the principle "a soldier is not defined by the medals or the ribbons he wears, but by the mutual respect he has gained from his fellow comrades," and each member of 3rd Platoon has earned that respect.

What is the "V" device?

The "V" Device attached to an award denotes the exhibition of valor within the context of the action. The U.S. Army defines valor as "heroism performed under combat conditions" according to Army Regulation 600-8-22.

Property tax refund for deployed soldiers

**Motor Vehicle Department
Courtesy to the Mountaineer**

As you may be aware, active duty military personnel are exempt from paying personal property/ownership tax when registering a vehicle as long as an Affidavit of Non-Residency form has been completed.

However, because of the deployment of servicemembers to Iraq, Afghanistan, and Kuwait, many did not have the opportunity to complete the required paperwork prior to departure. Given this unique set of circumstances and in honor of those deployed in service to our country, a refund will be granted to any active duty military

member who may have overpaid their personal property/ownership tax in error during 2003.

"When we realized many deployed military did not have time to prepare paperwork for their nonresident status, we moved quickly to remedy the situation," said Bob Balink, El Paso County Clerk and Recorder. "It's the least we can do for our women and men serving in the war in Iraq."

To qualify, the soldier must present the vehicle registration with their name thereon, their active duty military ID, and a copy of the orders assigning him/her to duty in one of the above-mentioned countries after Jan. 1, 2003.

To be eligible:

1. The vehicle owner must have maintained his/her official residence outside the state of Colorado, as evidenced by a Leave and Earnings Statement.

2. The owner not be a registered voter of El Paso County.

3. The owner must request the refund for non-resident status no later than the month prior to their vehicle renewal month.

To discuss a refund, soldiers may go to any one of the three county vehicle registration office locations.

Clerk and Recorder Motor Vehicle Registration office locations and hours

are:

Downtown office: 200 S. Cascade Ave., Monday to Friday, 7 a.m. to 4:30 p.m.

Chapel Hills office: 1710 Briargate Blvd. 350 (north side of the Chapel Hills Mall between Mervyn's and JC Penney) Monday to Friday from 7 a.m. to 4:30 p.m.

Widfield office: 115 Fontaine Blvd. Monday to Friday from 7 a.m. to 4:30 p.m.

For more information on this program or if you have questions regarding motor vehicle registration, contact the Motor Vehicle Department at 520-6240.

Community

Feeling the squeeze

New year, new chance to
regain control of your weight

by **Spc. Curt Cashour**
14th Public Affairs Detachment

It's a disease that affects more than 44 million Americans. Its occurrence has risen every year since 1991.

It has elevated the likes of Richard Simmons and Jared Fogle — the guy from the sandwich commercials — to celebrity status.

In 2001, more than 20 percent of American adults were considered obese, according to the Centers for Disease Control and Prevention. Furthermore, 56 to 58 percent of Americans are considered overweight or obese, said Maj. Karen Brasfield, Fort Carson's community dietician.

The consequences of being overweight or obese run deeper than just appearance.

Those who are overweight are more likely to encounter health problems such as diabetes, heart disease and stroke, and obese individuals risk reducing their life span by nine years, according to the

British Broadcast Corporation Web site.

Despite the rise in overweight and obesity rates across the country, people connected with Fort Carson are equipped to fight the trend. The post offers a host of programs and services designed to help people of all fitness levels lose weight and stay in shape.

The average American gains 10 pounds throughout the holiday season, Brasfield said. Those who want to shed their extra weight, holiday related or not, can start with the Lifestyle Education and Nutrition program.

Sponsored by the nutrition care department at Evans Army Community Hospital in collaboration with the Mountain Post Wellness Center, LEAN is an eight-week program that combines classroom instruction with real-life application of physical activity and nutritional practices.

The program starts with a visit to a dietician at EACH, followed by

the construction of a personal wellness profile at the wellness center, Brasfield said.

In constructing the profile, wellness center staff evaluate the participant's overall health and fitness levels and then design an exercise program based on the participant's personal fitness goals, Brasfield said.

The wellness center also offers less comprehensive alternatives to the LEAN program, such as the hour-and-a-half healthy eating and exercise class, Brasfield said. LEAN, the healthy eating and exercise class and other wellness center programs are free and open to all Fort Carson Soldiers, retirees, employees and family members.

Whether the goal is achieving or maintaining weight loss, daily physical activity helps, Brasfield said.

Fort Carson's four physical fitness centers, McKibben, Waller,



Community Events

Miscellaneous

DECAM Christmas tree recycling program

— The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. The trees will be used to improve wildlife habitat for small animals such as cottontails and quail and to improve fisheries' habitat in our ponds and reservoirs. We will be operating two sites through Jan. 31. Drop off natural trees at the southeast corner of Wickersham Boulevard and Chiles Avenue, just inside Gate 3 and across the street from the DECAM Recycle Center.

The second site is located at the intersection of Harr Avenue and Sheridan Avenue. Please remove all ornaments and tinsel before dropping off your tree. Call the DECAM Wildlife Office for additional information, 576-8074.

Free paperbacks — Grant Library has boxes of new paperback books available for units deploying or going to the field for training. The popular books are free and may be kept by the soldier — they don't need to be returned to the library. No paperwork is needed. The person responsible for the unit just needs to come to the library where they will be asked how many troops will be leaving post and how long they will be gone. Boxes of books will then be distributed. For more information, call 526-8144 or 526-2350 or stop by the library. The library is open 11 a.m. to 8 p.m. Monday through Thursday, 11 a.m. to 5 p.m. Friday, and 10 a.m. to 6 p.m. Saturday and Sunday.

Criminal Investigations — CID is looking for information leading to the apprehension and conviction of the person(s) responsible for the theft of two motorcycles from the privately owned vehicles sales lot Nov. 14 or 15. The vehicles that were taken are a 2002 Harley Davidson Dyna Glide Super T Sport. (vehicle identification number is 1HD1GLV132Y315199) and a 1989 Yamaha YSR50 (VIN JYA2RRA05KA037121).

CID is also looking for information leading to the apprehension and conviction of the person or people responsible for the theft of a 2000 Vermeer SC252, serial number 1VRN071F6W10028008, and a 2000 Jay Hawk Tilt Trailer, serial number 1Z9SA1014XM093255, which were stolen between Nov. 14 and 17 from the parking lot adjacent to building 6286.

If you have any information, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333.

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. Feb. 6 at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Child-care may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

Cultural and fine arts center — Fort Carson Directorate of Community Activities is in the planning stages of starting a cultural and fine arts center.

If you would like to assist in the planning and development of this center please attend a special meeting in building 1217 in the conference room Tuesday at 6 p.m. Please call 526-2151 or 524-1388 if you will be attending

Tax season — The Fort Carson Tax Center is now open. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center. Free tax services

are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available. In order for your tax return to be completed, you will need to bring all W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse, and all relevant financial information.

Red Cross — The next cardiopulmonary resuscitation class will be Saturday from 8 a.m. to 5:30 p.m. at Evans Army Community Hospital, Room 1801. Registration is \$40, which includes a skills card and information booklet. Call 526-7825 for more details.

Felicia Wilkinson is the new health and safety coordinator. Her office is at Evans Army Community Hospital, room 1801, and her phone number is 526-7825. Her work hours are Monday to Friday 9 a.m. to 1 p.m.

New and gently used formal wear is still needed for the Revolving Dress Collection. Dresses go to Army wives attending balls and other formal events. If you have a donation, call Theresa at 576-1767.

If you are interested in babysitting classes, call Tammy at 526-1058.

For swim lessons, call Crystal at 526-3122.

Gold Star Wives and Mothers — The Gold Star Wives and Mothers organization is working with Fort Carson's Casualty Assistance Office to ensure that eligible families receive a gold star pin. For more information about this program, contact JaNene Skinner at 597-5630 or visit www.goldstar-wives.org and www.goldstarmoms.com.

The Barbara Jordan Health Policy Scholars Program — The Scholars Program is now accepting applications for the summer of 2004. The program brings talented African-American, Latino, Asian/Pacific-Islander, and American-Indian/Alaska Native college seniors and recent graduates to Washington, D.C., where they work in congressional offices and learn about health policy.

Through the nine-week program, June 1 through July 30, scholars gain knowledge about federal legislative procedure and health-policy issues, while further developing their critical thinking and leadership skills. In addition to an internship in a congressional office, scholars participate in seminars and site visits to augment their knowledge of healthcare issues, and write and present a health policy research paper.

Eligible candidates must be U.S. citizens who are members of a racial/ethnic minority group and will be seniors or recent graduates of an accredited U.S. college or university in the fall of 2004. Candidates are selected based on academic performance, demonstrated leadership potential and interest in health policy.

The deadline for applications is Jan. 30. For additional information, contact Patricia Rosas at 526-5818.

Harmony in Motion — Harmony in Motion is looking for vocalists and musicians. Anyone interested can call Staff Sgt. Lenora Gogins-Watkins at 526-4302.

Claims against the estate

Claims against the estate — With deepest regrets to the family of Spc. James R. Wolf, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Jason M. Whitten at 526-0028 or 526-0029.

Claims against the estate — With deepest regrets to the family of Staff Sgt. Stephen A. Bertolino, deceased. Anyone having claims against or indebtedness to his estate should contact CW2 Robert A. Alequin at 201-7129.



Army Community Service
Family Readiness Center
719-526-4590



MINI Prevention & Relationship Enhancement Program

In Support of the Reunion Process

Thursday
29 January
9am to 3pm
Family University, Bldg. 1161

Childcare is available through CYS, using the FRG/Deployment free childcare. Mini-PREP (other than those scheduled) can be scheduled by contacting Nate or Jill Nugin at ACS (719) 526-4590.

Claims against the estate — With deepest regrets to the family of Staff Sgt. Dale A. Panchot, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Collin Bissell at 526-1567.

Claims against the estate — With deepest regrets to the family of Sgt. David J. Goldberg, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Todd M. Gould at 526-6806/6809.

Claims against the estate — With deepest regrets to the family of Spc. Raymond E. Cammel, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Christopher Stutz at 556-7440 or 556-4677.

Claims against the estate — With deepest regrets to the family of Spc. Rian Ferguson, deceased. Anyone having claims against or indebtedness to his estate should contact CW2 Robert A. Alequin at 201-7129.

Claims against the estate — With deepest regrets to the family of Cpl. Gary B. Coleman, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Aaron Blanchard at 526-4082.

Claims against the estate — With deepest regrets to the family of Spc. Justin Pollard, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Paul Ramsey at 526-7266.

Claims against the estate — With deepest regrets to the family of Pfc. Nathan W. Nakis, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Julie Zavaga at 526-4634.

Claims against the estate — With deepest regrets to the family of CW2 Ian D. Manuel, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Eric M. Oleson at 526-6514 or 659-4097.

Taxes

From Page 1

ments, tax filing may be a bit more tedious and complicated for spouses, said Maj. Gen. Robert Wilson, commanding general Fort Carson, 7th Infantry Division, during the ribbon-cutting ceremony. But he emphasized the faith he had in the Soldiers working in the tax center.

Nonmilitary spouses filing taxes for their

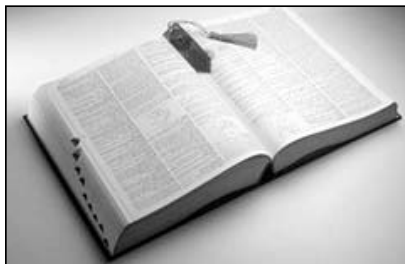
deployed Soldiers should ask their Soldier for their myPay pin number in order to have access to their W-2 forms.

To aid the process, Soldiers and/or spouses filing through the tax center, should bring all their paperwork with them and their bank routing number for electronic filing for a faster refund. Their paperwork should include W-2 forms, Social Security cards for dependents and spouses and any other documents relevant to the individual's filing.

Also, though not required, bringing 2002 tax returns would "make things a lot easier," said Guillen.

The tax center will be open Monday through Thursday from 8 a.m. to 6 p.m., Friday from 8 a.m. to 5 p.m. and the following Saturdays from 10 a.m. to 3 p.m.: Jan. 24 and 31, March 20 and April 3.

For more information call 524-1012 or 524-1013.



Chapel

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. Feb. 6 at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Childcare may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

Religious education — Religious education is conducted each Sunday at Soldiers' Memorial Chapel, building 1500, (next door to the post exchange) for Protestant and Catholic children and adults. Protestant Sunday School meets at 9:30 a.m. and Catholic Family Religious Education meets at 10:45 a.m. Everyone is welcome.

Native American Sweatlodge ceremonies — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call Michael Dunning at 382-5331 or (c) 330-9537, or Zoe Goodblanket at 442-0929 for ceremonial information and directions.

Chapel Schedule
ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166

LITURGICAL

Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Monday	6:30 p.m.	Family University	Building 1161	Melissa Dalugdug/330-7873
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MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions. Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

For additional information, contact the Installation Chaplain's Office, building 1550, at 524-5209.

Normally, free child-care is available during on-post worship services.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Friday — Psalms 51 & Genesis 25-27

Saturday — Psalms 52 & Genesis 28-30

Sunday — Psalms 53 & Genesis 31-33

Monday — Psalms 54 & Genesis 34-36

Tuesday — Psalms 55 & Genesis 37-39

Wednesday — Psalms 56 & Genesis 40-42

Thursday — Psalms 57 & Genesis 43-45

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following: Unit: For the soldiers and leaders of the U.S. Army Reserve, 63rd Reserve Support Command, headquartered in Los Alamitos, Calif.

Army: For the Soldiers, noncommissioned officers and officers of the Adjutant General Corps. May God bless these dedicated servants who lead the Army in managing the careers of its soldiers and families.

State: For all Soldiers and families from the state of California. Pray also for Gov. Arnold Schwarzenegger, the legislators and municipal officials of the Golden State.

Nation: For the thousands of workers and visionaries in the field of information technology. Pray that as this sector of our economy develops, God would guide people to shape it in just ways that assist people in creating better lives for themselves and their families.

Religious: For all Soldiers and families from the Bible Churches Chaplaincy. Pray also for all chaplains endorsed to serve on behalf of this community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Chaplain's Corner

Loyalty — not just an army value

Chap. (Capt.) Jesse S. Staunton
Battalion Chaplain

"I take you to be my wedded wife, to have and to hold from this day forward, for better or for worse, for richer or for poorer, in sickness and in health, to love and to cherish, till death shall part us, according to God's design in creation and commit myself completely to you."

I'm sure that most of you who have been married probably made a similar vow to your spouse on your wedding day. However, popular culture through the main stream media has made marriage out to be passé, and fidelity or loyalty within marriage a joke, but what impact should that, have upon those who profess to follow Jesus?

Should we camouflage our behavior so as to blend in to the culture or are we to "curse" the culture in which we live or should we live transformed lives in the midst of our culture so as to win our world for Jesus? This is not a question to be answered by popular opinion, or a syndicated columnist but the Word of God.

Jesus proclaimed, "You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5: 27-28).

Jesus says that it's possible to have an adulterous relationship without ever having become physically

involved with another. So in order to maintain a vibrant relationship with our spouse and the Lord we should avoid certain behaviors, which could erode our loyalty and lead to affairs of the heart.

Therefore, if you are married, avoid close friendships with members of the opposite sex. Although well-intentioned, those kind of relationships have been the downfall of many marriages. Above all avoid pornography at all costs. Now although most people would never sit down with their wife and children and look at a pornographic magazine, they might watch television or movies with nudity and sexually explicit behavior. Satan has found a very subtle way of getting into homes and ripping apart marriages in the modern "Trojan horse" called a videocassette or DVD. When we participate in these activities we cheat our spouse out of our complete emotional, physical and sexual commitment that we vowed on our wedding day.

In his same sermon, Jesus said, "If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell" (Matthew 5:29). Jesus doesn't want us to mutilate our body but he does call his people to deal radically with sin. God takes sin so seriously that, "It was the Lord's will to crush Him and cause Him to suffer, and ... to make his life a guilt offering" (Isaiah 53:10) so that we who believe in Him might have forgiveness of sin

and life eternal.

Loyalty requires sacrifice and we sacrifice for the things, which mean most to us. Even though we were his enemies Jesus laid down his life as a sacrifice for us because He loved mankind. If you are committing adultery-physical, emotional or both, stop it today. Read Psalm 51 and use the warrior king David's words to earnestly express your repentance and surrender your whole life to almighty God. Then read the Bible daily, do what it says and share your commitment with others.

Upcoming event

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. Feb. 6 at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Childcare may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

High blood pressure — a silent killer

by **Tamiriz Centano**
Fox Army Health Center, Redstone Arsenal, Ala.

Blood pressure is a measure of the pressure of the blood against the walls of the arteries. The blood pressure readings are a ratio of the maximum or systolic pressure, as the heart pushes the blood out to the body, written over the minimum or diastolic pressure, as the heart begins to fill with blood.

Hypertension or high blood pressure is the result of persistent high arterial blood pressure that may cause damage to the vessels and arteries of the heart, brain, kidneys and eyes. The entire circulatory system is affected since it becomes increasingly

more difficult for the blood to travel from the heart to major organs.

Modern lifestyles tend to increase blood pressure, causing hypertension. Some of the known factors include: inactive lifestyle, overweight, smoking, high salt intake, stress, excessive alcohol consumption and genetic factors.

There are several different types of hypertension. Primary hypertension is the most common type and it is generally improved by a healthier lifestyle and medication when needed.

Secondary hypertension is the result of a disorder or abnormality of the kidney, adrenal gland or other vital organ. This less common type of

hypertension is often treated surgically. Hypertension may also occur during pregnancy and requires special attention.

Most people with hypertension have no symptoms. A very limited number of people with hypertension may experience headaches, blurred vision and chest pain. Uncontrolled hypertension can lead to stroke, heart attack, congestive heart failure or kidney failure.

According to recent estimates from the United States, one in four adults has high blood pressure and because most people don't have symptoms, nearly one third of these people don't know they have it. This is why high blood pressure is often called "the

silent killer."

Hypertension is one of the most common chronic diseases for which treatment is available. However, most people with hypertension go untreated. Blood pressure less than 120/80 is generally considered ideal, but only your health-care provider can determine if your blood pressure is safe.

The American Academy of Family Physicians recommends having the blood pressure measured periodically in all patients older than 21.

For more information, check with your primary-care provider or other appropriate health-promotion source.

Editor's note: Reprinted from the *Redstone Arsenal The Redstone Rocket*.

Weight

From Page 11

Garcia and Forrest offer plenty of opportunities for physical activity.

Each center has its own group of programs and activities ranging from aerobics classes to intramural sports and weightlifting competitions, said Richard Garcia, Fort Carson's physical fitness centers director.

All of the centers offer the FitLinxx system, which is a computerized training aid. The equipment in the workout room of the wellness center is also FitLinxx equipment.

Essentially a computerized personal trainer, FitLinxx allows users to monitor different aspects of their workout, said FitLinxx coordinator Lorri Martindale. Electronic units attached to each piece of exercise equipment record workout activity, and participants receive written progress reports detailing that activity.

Most fitness center activities, including FitLinxx, are free to all Fort Carson Soldiers, retirees, employees and family members, while exercise classes cost \$2 each, Garcia said.

Those who don't have the time for formal programs or classes can still get in better shape by creating

a short list of personal fitness goals and working to achieve them. Walking regularly, eating five fruits and vegetables per day and drinking plenty of water are all good goals to have, Brasfield said.

"It's just making those small, realistic goals that you can maintain for the long term. It's not making short, quick fixes to lose the weight because most people can lose weight, they just can't maintain it," Brasfield said.

For more information about Fort Carson's fitness center programs, log onto <http://www.ftcarsonmwr.com>. To find out about Mountain Post Wellness Center activities, call 526-3887.



Command Sgt. Maj. Jay Mathews, command sergeant major, 307th Quartermaster Battalion, left, helps Sgt. Justin Taylor assemble a door for the historic Penrose House, a ranch house built in 1912 which is now owned by the Army. Volunteers from the 307th QM Bn. constructed doors for the house using the same techniques and materials that would have been used in 1912 as part of a restoration project on the house.



Sgt. Justin Taylor uses a table saw to make mortice and tenon joints for a Penrose House door.

Giving a helping hand

by Spc. Jon Wiley
Mountaineer staff

The 307th Quartermaster Battalion won't be at Fort Carson for much longer, but the contributions its Soldiers are making to the post will last for years to come.

The Reserve unit from Salt Lake City came here January 2003 after being activated to coordinate air, ground and rail transportation for units deploying to Operation Iraqi Freedom, but its Soldiers have taken on an additional mission — the restoration of the historic Penrose House, located on the Turkey Creek Ranch nine miles south of Fort Carson.

The Spanish Revival-style ranch house, which was built in 1912 by Spencer Penrose, a prominent citizen of the early Colorado Springs, has been in the Army's possession since 1965. Since the early 1980s, the house has been available to Soldiers for weddings, family get-togethers and other personal functions and to Fort Carson organizations for official meetings.

The house caught the eye of Command Sgt. Maj. Jay Mathews, command sergeant major of the 307th QM Bn., when he attended a conference there in July.

Mathews, who once owned an architectural design business, said the structure's "historic architecture excited (him)," but he noticed it needed many improvements. The wood beams and doors in the house's 936

square-foot great room were painted in the 1950s, and Mathews thought it detracted from the room's original charm.

"When I saw the beautiful wood under the paint, I thought it was a shame to keep it covered," he said.

Mathews said he knew many of the Soldiers in his unit did architectural and construction work as civilians, so he asked for volunteers to do restoration on the house. After getting approval from the post's Directorate of Community Activities, the Soldiers went to work in September. Since then, they've clocked close to 500 man-hours of work on the house, and they plan to put in another 500 before they're finished, Mathews said.

So far, they've focused their attention on restoring the wood in the house's great room to its original condition and building outside doors and window screens. Mathews said because of settling and former construction changes, all 22 door openings on the house had to be measured to make sure each door fit the opening.

He also said before starting the project they worked with Pam Coven, historic preservation specialist and cultural resources program manager with the Directorate of Environmental Compliance and Management, to make sure the design used for the new doors and screens were historically accurate.

Gloria Martinez, who has worked at the Penrose

House since 1998, said she's wanted to see these improvements from the moment she got there. She described the volunteer work as "giving back to the Soldier."

"This house is a unique and wonderful place the Soldier has in his possession," she said. "Young Soldiers who only have limited funds for weddings can have them in an elegant place without paying the huge prices they'd pay downtown. By bringing the house's great room back to life, the volunteers are giving the Soldiers a gift that will last long after they're gone."

Jerry Jones, a program development specialist with DCA, said the cost of the volunteer work is between \$15,000 and \$17,000.

"Since Sept. 11, it's been very difficult for the MWR (Morale, Welfare and Recreation) facilities on post to get funding, so we're lucky and blessed to have Soldiers here with the time, expertise and knowledge to help us make the Penrose House a quality facility," said Stephanie Camp, manager of the Elkhorn Conference Center and Penrose House.

Mathews said the unit will continue working on the house until it returns to Utah in June. After finishing the wood restoration project, the Reservists may do plaster work on the foundation and make masonry, electrical and plumbing repairs as time permits, he said.



Sgt. Stephen Pitcher, 307th Quartermaster Bn., refinishes an archway in the Penrose House's great room.



Spc. Sterling Hopkins, 244th Engineers Company, strips and sands down a door used inside the great room of the Penrose House. Hopkins, a medical hold-over temporarily assigned to the 307th Quatermaster Bn., said the job took a week to complete.



Out & About

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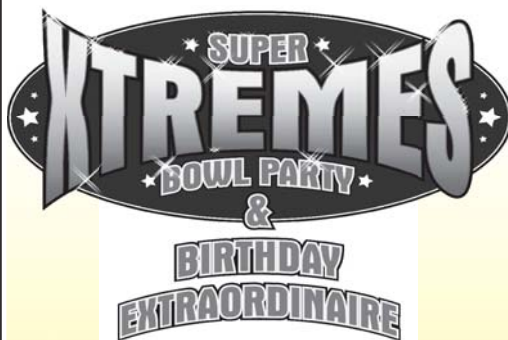
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Sports & Leisure

U.S. Boxing trials

Army boxer earns Olympic trial position

by **Walt Johnson**
Mountaineer staff

The U.S. Army boxing team already has six members of its team qualified for the Olympic boxing team trials in February in Mississippi.

At the U.S. Nationals boxing tournament held at the Olympic Training Center in Colorado Springs Jan. 13 to Saturday, one other member of the team qualified for the Olympic trials after a heartbreaking loss in the championship round.

Julius "Knocking out all bums" Fogle, stepped into the ring against the man who this year, became the first military middleweight champion not named Julius Fogle in the past four years, James Johnson.

Johnson, a young slick and rangy boxer who is in the U.S. Air Force, was seeking to fulfill a dream on two levels when he faced Fogle Saturday at the Olympic Training Center.

First, Johnson wanted to see his dream of being a national champion realized and he knew the only way that would happen was to fulfill his second dream, beat Fogle in the ring.

Johnson said it was a dream of his to face Fogle since he was a young man and after two rounds it

looked like Johnson asked for more than he could handle. Fogle took a 9-7 lead into the third round and Johnson knew he had some work to do.

In the third and fourth rounds, Johnson was able to step up his game and out-pointed Fogle in the third and fourth rounds 18-8 to win the decision.

In what many people thought was the best bout of the evening, Torrence Daniels, a bantamweight who has already qualified for the trials, faced Roberto Benitez for the national title. Daniels and Benitez stood in the ring and traded scoring blows for four rounds. Daniels won the first round 2-0 and saw Benitez take a two-point lead after the second round. Daniels closed the gap to one point after three rounds, 11-10, setting up a winner take all fourth round.

Both fighters showed the heart of a champion as they battled to a tie in the point system at 18 points each up to the last five seconds of the round. Benitez scored with five seconds left to claim the victory as an appreciative crowd stood to its feet and saluted both fighters as the final bell rang.



Photo by Walt Johnson

World Class Athlete Program heavyweight boxer Charles Leverette, left, gets help with his mouthpiece from WCAP assistant boxing George Cofield, right, prior to his quarterfinal round victory.

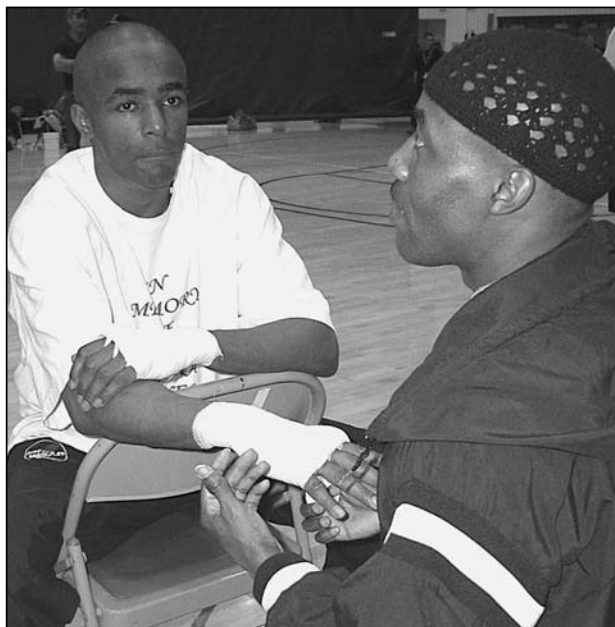


Photo by Walt Johnson

Julius "Knocking out all bums" Fogle, left, contemplates the tough fight he would have against 2003 Armed Forces middleweight champion James Johnson as he gets his hands taped by 2004 U.S. Olympic boxing and World Class Athlete Program head coach Basheer Abdullah Saturday at the Olympic Training Center.



Photos by Walt Johnson

Torrence Daniels, left, works with 2004 U.S. Olympic boxing and World Class Athlete Program head coach Basheer Abdullah prior to losing a close decision in the bantamweight division title match.

On the Bench

Army wrestling camp opens at Fort Carson



Johnson

by Walt Johnson
Mountainair staff
Elite wrestling athletes from the Army community have settled in here to compete for a spot on the All-Army team.

The athletes will be preparing for the Armed Forces championships scheduled to be held March 4 to 8 at a naval station in New Orleans. The national championships will be held April 10 to 14 in Las Vegas.

Speaking of all-Army events, there will be two other teams training here prior to the Armed Forces championships.

In May, the Mountain Post will host the Army trials for the all-Army basketball team. The dates for the camp are May 25 to June 19.

In September, the Mountain Post golf course will be the center of attention as the post hosts the golf team try-outs from Sept. 13 to 18. The Armed

Forces championships will also be held at the Mountain Post golf course Sept. 19 to 25.

The U.S. Air Force Academy will be hosting a racquetball tournament Feb. 6 to 8.

The tournament will feature competition in the A-B, C-D and women's open division. The entry deadline is Jan. 30. For more information or to sign up for the tournament, call 333-4522 or 333-3531.

All right, before anyone else mentions it, I apologize for being a male chauvinist pig.

Last week I spent some column space talking about the Fountain-Fort Carson boys basketball team. I did not mention the girls team and it hit me like a ton of bricks Friday as I was reading the paper. So, in the interest of fairness, this week I will mention the girls' schedule first.

The Lady Trojans will play at Falcon High School Tuesday at 7 p.m. The Trojans boys basketball team will

See Bench, Page 21

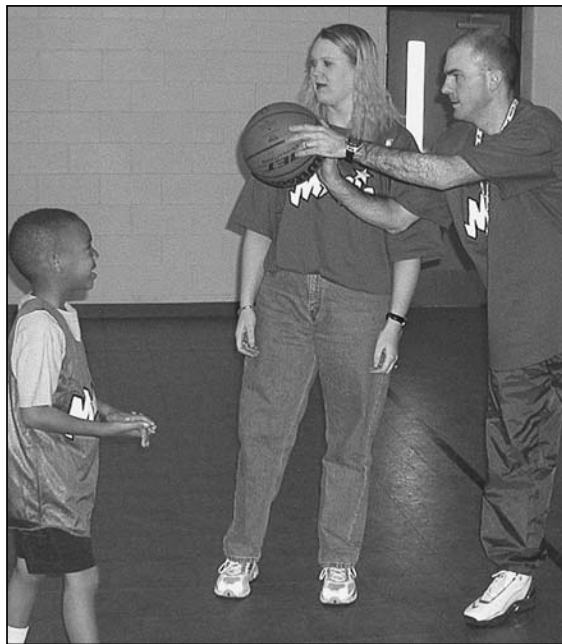


Photo by Walt Johnson

Coaches of the week ...

Connie Griffin, center, and her husband Shannon Griffin, right, prepare the 5- to 6-year-old Magic team for its first game of the post's youth basketball season Saturday at the post youth center.



Photo by Walt Johnson

This is for you, champ ...

Former world cruiserweight contender, U.S. Olympic gold medalist, and four-time all-Army boxer Andrew Maynard, right, presents a signed U.S. boxing cap to 13-year-old Jordan Tabarez who has cerebral palsy.

Bench

From Page 22

play at Fountain-Fort Carson at 7 p.m. Tuesday.

If you missed the boxing at the U.S. Olympic Center Jan. 13 through Saturday, you missed some good fights.

I am always amazed at the scoring system in amateur bouts, more on that later, but I came away from the trials with a few thoughts.

This year will be as competitive a year as we have had in the last eight years. If any of the Army boxers make this year's Olympic team they will truly be the best of the best.

There are a number of fighters I believe are good enough to make the Olympic cut from the Army program. After watching the fights this past week Torrence Daniels and Charles Laverette, if they improve in the coming month, will be tough to beat.

I got it right when I said this year's Super Bowl would feature the Carolina Panthers and the New England Patriots.

What I didn't realize was how dominate both the Patriots and Panthers would be in their

respective games. I love to see offense in football games but man, I can't help but think this will be one of the best defensive games we have seen in the Super Bowl in some time.

At the beginning of the season I would not have picked this matchup, but now I am so looking forward to it. Judging by the way the two teams are playing, this could be some Super Bowl. More on my pick and those of other members of the mountain Post community will be available in next week's issue.

Now let me see if I have this right.

Roger Clemens, now a member of the Houston Astros, decided to play one more year of baseball for his hometown team and people are saying what a loser he is.

Who among us would not jump at the chance to make a great living and be around family and friends while doing it?

If Clemens wants to give it another year, people should get off his back and let him have another year.

Got a story idea? Contact me at internj@aol.com or page me at 659-2308.

Carson WCAP Soldiers will compete for Olympic gold

by Tim Hips
Army News Service

ALEXANDRIA, Va. — Staff Sgt.

Basheer Abdullah was selected to coach Team USA's boxers in the 2004 Olympic Games, Staff Sgt. Shon Lewis will coach the Greco-Roman wrestlers, and Capt. Anita Allen clinched a modern pentathlon spot to highlight a productive year of Army sports.

Several Soldiers, most members of the U.S. Army World Class Athlete Program, still have opportunities to qualify for the U.S. Olympic Trials and join them in Athens, Greece.

"I couldn't ask for a better way to go out, and I thank the Army dearly for providing this opportunity for me to be a Soldier-athlete," said Abdullah, who plans to retire from the military this year.

Seven Soldiers have qualified for the 2004 U.S. Olympic Boxing Team Trials, scheduled for Feb. 16 to 21 at Tunica, Miss. Staff Sgt. DeAndrey Abron (178 pounds) and Spc. Clarence Joseph (165 pounds) qualified by winning gold medals May 31 in the 2003 Golden Gloves National Tournament of Champions at Las Vegas. Spc. Edward Joseph earned a berth by winning the 152-pound division of the 29th annual National Police Athletic League Boxing Championships Sept. 27 at Toledo, Ohio.

Staff Sgt. Torrence Daniels (119 pounds),

Spc. Keith Mason (141 pounds), 2nd Lt. Boyd Melson (152 pounds) and Staff Sgt. Charles Leverette (201 pounds) qualified by winning their divisions Dec. 11 in the 2004 Armed Forces Boxing Championships at Camp Lejeune, N.C.

Pfc. Tina George made significant marks for Soldiers and women by winning a gold medal in the Pan American Games and silver medal in the World Championships of Freestyle Wrestling at Madison Square Garden in New York, where she qualified U.S. women for a 55-kilogram spot in the Athens Games, where women's Olympic wrestling will be contested for the first time.

Several other Army wrestlers fared well last year and will be grappling for Olympic berths.

Sgt. Keith Sieracki, an alternate for the 2000 Olympics, won his fourth national championship and was elated to match Lewis' mark of four titles as Soldiers won their third consecutive national team crown at Las Vegas.

Sgt. David Bartlett rejoined the military to pursue his Olympic dream and led 11 All-Army martial artists May 24-25 by winning the men's featherweight division of the 2003 U.S. Senior National Taekwondo Championships at New Orleans. Sgt. Yelena Pisarenko and Sgt. Petra Kau finished third in the women's lightweight and heavyweight divisions.

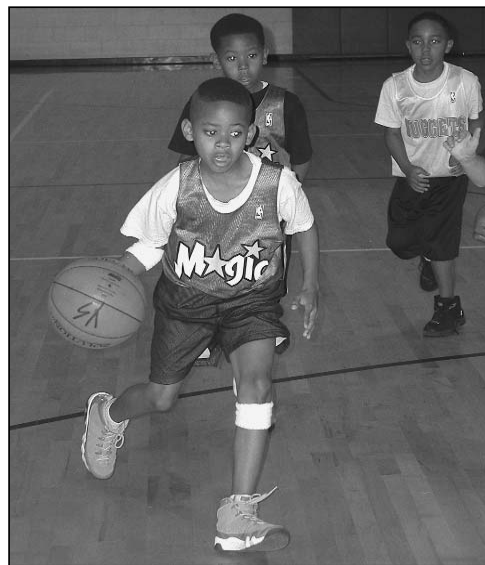


Photo by Walt Johnson

Youth sports season begins ...

Kevin Brown Jr., with the ball, drives to the basket while members of his team and the Nuggets try to catch up. The 2004 youth basketball season kicked off Saturday at the post youth center with some exciting action. Youth basketball action is scheduled to take place Wednesday evenings and Saturday mornings and afternoons for the next two months.

Mountaineer Sports Spotlight

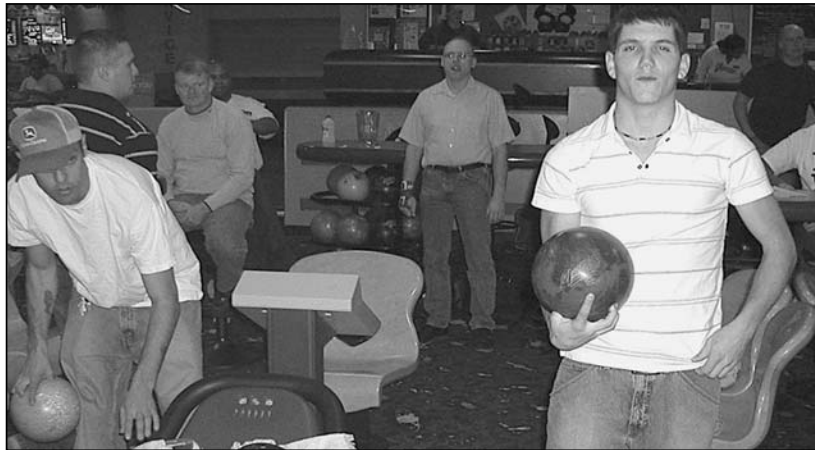


Photo by Walt Johnson

I got this bowling thing down pat ...

Tyler May, 786th Quartermaster Company, rolled four straight strikes at one point during intramural bowling action at the post bowling lanes Jan. 13. Intramural action takes place Tuesday and Thursday evening at the post bowling lanes.

Casa Bonita ... Mexican village with food, fun, music, skits

Happy Dinners



The pink bell tower marks the site of the Casa Bonita theme restaurant in the Denver suburb of Lakewood.

C Story and photos by Nel Lampe Mountaineer staff
asa Bonita, a theme restaurant in a Denver suburb, is always a fun family activity. It's especially attractive this time of year because it's an indoor activity that'll keep children of all ages busy for several hours, and crowds at the entrance are usually smaller this time of year.

The restaurant actually looks like an authentic Mexican village with a touch of imagination. The plaza, balconies, flowers, palm trees, jail and mercado make up a typical village. Then creative touches are added for fun: a 30-foot waterfall which falls into a pool; Black Bart's Cave, a gold mine, a puppet theater, a dining cave, a wishing well and an arcade.

Casa Bonita occupies a former 52,000 square foot department store and seats 1,000 diners. The black ceiling with twinkling lights gives the village a night feel.

The highly popular restaurant draws people for its fun and ambiance. But there's no entrance fee — the price of admission is the price of a meal. Paper menus are available upon entrance; take a look at the menu, mostly Mexican food, while you wait in line. Although lines are usually shorter in the winter months, sometimes the lines are long, especially during summer. Most people seem to be repeat customers and are understanding and good natured about the wait. As the line gets nearer the serving station, you will reach the ordering station who will put in your order and give you a copy of the entered

order. Mexican food choices, such as enchiladas and tacos, dominate the menu, which is created assembly line style and is of a quality similar to fast food. A taco salad or fajitas are good choices or go for the fried chicken or chicken-fried steak if you don't want Mexican food.

The customer line continues until finally reaching the serving area, where filled plates are accumulating. Servers hand out filled plates and soft drinks. Once everyone has their food tray, diners are taken to dining tables in the cave, mine, on a balcony or by the waterfall. Ask to be seated near the waterfall if possible, which is the center of entertainment. Ask for assistance with trays if small children are in the party.

Little Amigos' dinner choices are \$3.29 to \$3.59. Anyone older than 2 must have a meal.

A selection of soft drinks and beer (including Mexican import) and limited choice of mixed drinks or wine is available. Meal prices range from \$7 to \$9 for adult meals. The highest price on the menu is the "all you can eat" choice, at \$9.29. Summon a server i needed by raising the miniature Mexican flag which is at your table.

One of the benefits of eating at Casa Bonita is the unlimited supply of sopapillas served for dessert. Sopapillas are fried, hollow squares of dough which are best drizzled with honey. Sopapillas are repeatedly delivered piping hot to your table after the meal until everyone has their fill.

A typical Mexican restaurant dessert — fried ice cream — is also available. Order the ice cream at the

See Casa Bonita, Page 26



Customers get in line for ordering dinner at the Casa Bonita theme restaurant.



Diners pick up their orders at the serving station in the Casa Bonita Restaurant.



A mariachi band performs by the waterfall at Casa Bonita restaurant.



Places to see in the Pikes Peak area.

Jan. 23, 2004

Casa Bonita

From Page 25

order station or from your server.

Hang on to the order receipt as you'll give it to the server and pay your bill after dining.

Once dinner is over, explore the village thoroughly and expect children in the party to linger at the different attractions.

Sometimes there's a puppet show to watch in the puppet theater. A piñata party takes place near the mercado (market). The arcade has a variety of games to play

Skits and dives are ongoing at the waterfall. Diners who ate nearby have seen several shows during their meal. People who ate in the mine or cave will have to stop by the waterfall to watch the skits and divers. Musicians wander throughout the village.

The restaurant is located in the 6700 block of West Colfax in the Denver suburb of Lakewood. Watch for the tall pink stucco bell tower in the corner of a strip mall. The pink tower's roof is covered in gold leaf and decorated with small round white lights and a statue of the last Aztec



Explorers head for Black Bart's Cave inside the Casa Bonita theme restaurant.



Visitors look for T-shirts, hats and other souvenirs as the gift shop, El Mercado, at Casa Bonita Restaurant.



A skit takes place near the waterfall in the Casa Bonita Restaurant in a Denver suburb.

emperor at the top of the 85-foot tower. A large tiered fountain from Mexico in front of the entrance. During summer, hundreds of flowers grow around the fountain.

How did this Mexican village theme restaurant come to be? Bill Waugh owned a few cafeteria-style Mexican food restaurants in Oklahoma — Oklahoma City and Tulsa — and another one in Little Rock, Ark. Each restaurant contained a few more amenities and attractions. But when the Denver restaurant was built, Waugh pulled out all the stops. The Denver restaurant was based on stories Waugh had heard about Mexico about the time of the Mexican Wars. One story was about a man named Gar Serata who had a cantina where soldiers came to eat, be entertained and to relax. Waugh created a "Mexican Village at night," in the spirit of Serata's cantina.

The former department store was converted in 1973 into the village/restaurant and still looks much the same. For almost 40 years, Colorado residents have visited Casa Bonita and some now bring their own children or grandchildren to Casa Bonita. First-time visitors mingle with veteran diners.

Although Casa Bonita is now operated by another company, the style remains the same.

Casa Bonita is open from 11 a.m. until 9:30 p.m., Sunday through Thursday. On Friday and Saturday, the restaurant is open from 11 a.m. until 10 p.m.

The mariachi band performs each evening.

The restaurant has up to 300 employees and 21 managers in its busiest season, summer, when the wait to get in may be an hour or more long. Lines are shorter in winter and weekday



A diver heads for the pool in one of several skits performed for diners near the waterfalls.

afternoons.

If notified ahead of time, the restaurant will try to accommodate large parties of 25 or more people. The phone number is (303) 232-5115.

To reach Casa Bonita, take Interstate 25 north to Denver, take the Colfax Exit west to the 6700 block, watching for the Bell Tower to the JCRC Shopping Center, formerly known as the JCRC Shopping Center, on the right-hand side. There's parking in the mall parking lot. The address is 6715 W. Colfax.

Just the Facts

- **Travel time** one hour, 15 minutes
- **For ages** all
- **Type** theme restaurant
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$\$
\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$60
(Based on a family of four)

Get Out!

Comedian

Jerry Seinfeld is set for two evening shows Jan. 30 at 7 and 9:30 p.m. at the Pikes Peak Center, 190 S. Cascade. Call 520-SHOW for tickets, which start at \$46.50.

Denver concerts

Bette Midler is in the Pepsi Center Jan. 31 at 7:30 p.m. Tickets start at \$48.50; call Ticketmaster at 520-9090.

Sting is in Fillmore Auditorium, 1510 Clarkson in Denver, Feb. 5 at 7:30 p.m. Tickets start at \$62.50, call 520-9090.

Denver appearances

Bill Cosby is in the Buell Theatre at 14th and Curtis in downtown Denver at 5 and 8 p.m. Feb. 28. Call Ticketmaster at 520-9090 for tickets.

Chris Rock performs at 8 p.m. Feb. 26 in Buell Theater in downtown Denver at 14th and Curtis. Call Ticketmaster, 520-9090 for tickets.

Big Band Dance

A Big Band Dance commemorating the 100th anniversary of the birth of Glenn Miller is set for Feb. 28, from 6:30 to 10 p.m. in the Colorado Springs City Auditorium. Active duty military in uniform with valid ID will be admitted free to the dance.

World Arena concerts

Linkin Park is at the World Arena Feb. 2. Ticket start at \$34.50.

Neil Young and Crazy Horse are in the World Arena Feb. 29. Tickets start at \$39.50.

Barenaked Ladies are set for March 22; tickets start at \$35.;

"Disney on Ice" is March 17 through 21. The jungle adventures have various show times.

Tickets are at the World Arena box office or call 576-2626.

Broadway theater

Next in the Broadway Series in the Pikes Peak Center Series is "Fame," Feb. 17 and 18. Call 520-SHOW for tickets. The next performance in the series is "Rent," March 16 and 17.

Courthouse exhibit

A special exhibit in the Colorado Springs Pioneers Museum, "Capture the Courthouse: Architectural Detail as Art" marks the 100th anniversary of the building which originally was the El Paso County Courthouse. The exhibit of art calls attention to the art and architecture of the 1903 building. The exhibit and the museum have free admission. It is at 215 S. Tejon St., and is open Tuesday through Saturday from 10 a.m. to 5 p.m.

Fine Arts theater

The Fine Arts Center's next repertory production is "Sweet Charity," a comedy by Neil Simon. The production is in the theater Feb. 6 to 22. Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets in advance are \$23 and \$25 at the door. Call the box office at 634-5583 to make reservations.

Mining museum

Super Saturday program at the Western Museum of Mining and Industry is "Model Engineering Excitement" at 1 p.m. Feb. 14. The price is \$3 per person; call 488-0880. Learn about building models. Admission is \$3.

A program Feb. 28 is "The Princeton Expedition!" at 1:30 p.m. Steve Veatch has uncovered expedition diaries, journals and photographs of an expedition taken by Princeton students 125 years ago. Reservations are required; regular museum admission is charged.

March 13's Super Saturday is "Angel Food Faults and Peanut Butter Folds." Admission is \$3 per person, reservations suggested.

The mining museum is at 1025 N. Gate

Road, just opposite the Academy's north gate.

Pikes Peak Center

B.B. King, along with the Erica Brown Band, are in concert Feb. 13 at 7:30 p.m.

Colorado Springs Philharmonic presents "Family Sportstacular" Jan. 31 at 2:30 p.m. Tickets start at \$9; call 520-SHOW.

Denver Zoo

The Denver Zoo has a free admission day all day Sunday and Feb. 2. The Denver Zoo is in Denver's City Park. Take the Colorado Exit off Interstate 25 north to City Park, watch for signs. There's free parking at the zoo.

Comedy

The Second City improv comedy troupe makes an appearance at the Fine Arts Center theater Feb. 11 at 8 p.m. Tickets are \$25 in advance and \$27 at the door; call 634-5581.

Academy concerts

"Dallas Brass" is in the Arnold Hall Theater at the Air Force Academy Jan. 30 at 7:30 p.m. Tickets start at \$10, call the box office at 333-4497.

Free admission

The Wick School of Irish Dance hosts an Irish Dance competition at the Douglas County Fairgrounds in Castle Rock, with Irish dancers from several states. The competition begins at 8 a.m. Saturday featuring children under 13; adults compete at 5 p.m. Sunday's competition begins at 8 a.m. There is no admission charge.

Take Exit 181 at Castle Rock, go to Plum Creek Parkway and take a right; you'll see the fairgrounds.

Imagination Celebration

"Anne of Green Gables" is the Kennedy Imagination Celebration production at the Pikes Peak Center March 5 at 7 p.m., at 2:30 and 7 p.m. March 6 and at 2:30 p.m. March 7. Call 520-7469 for tickets, which are \$9.50.



Photo by Doug Rule

Irish dancing ...

An Irish dance competition is open to the public free of charge Saturday and Sunday at the County Fairgrounds in Castle Rock. Competitions begin at 8 a.m. each day.



Program Schedule for Fort Carson cable Channel 10, today to Jan. 30.

Special Program: President George W. Bush addresses the Soldiers, civilians and family members of Fort Carson. Airs at 7 a.m., noon, 7 p.m. and midnight.

Army Newswatch: stories on Stop Loss and bonuses, new helicopter test and Mad Cow disease (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Mad Cow disease, the USS Gozalez and Marine anti-terrorist teams. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: Special Edition: 2003 year in review. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Forum, held monthly, airs at 9 a.m. and 5:30 p.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.